

Table S1. Main food groups and subgroups used in the EsNuPI study.

Group	Subgroups
Cereals and derivatives	Bread
	Breakfast cereals
	Rice and pasta
Milk and dairy products	Fresh cheese and cured cheese
	Milk: natural, standard (cow's, goat's...)
	Milk: adapted formulas (infant, follow-on, toddler's, enriched, fortified)
Other dairy products	Yogurt and kefir
	Condensed milk and cream
	Milk shakes and flavoured milk
	Sweetened dairy desserts and ice cream
Eggs	Eggs
Sugars and sweets	Chocolate and confectionery
	Sugar, honey, and marmalade
	Sugary cocoa, nougat
Oils and fats	Margarine and butter
	Olive oil
	Other vegetable oils and lard
Vegetables and potatoes	All kind of vegetables
	Potatoes
Legumes	Legumes
Fruits	All kinds of fresh fruits
	Dried fruits
	Fruits with juice and fruits with syrup
	Olives
Nuts	Nuts
Meat and meat products	"Serrano" ham, cooked ham, sausages, other processed meats
	Chicken and turkey with or without skin, medium-fat meat, fatty pork,
	Lamb meat, rabbit meat, or liver and other viscera
Fish and shellfish	White fish, bluefish (small and large), fresh seafood, and canned fish
Beverages	Low-calorie carbonated beverages
	Mixtures of fruit juice and milk
	Natural juices and commercial juices
	Sugar-sweetened carbonated beverages
Sauces and condiments	Sauces and Condiments

Ready to cook/eat	Homemade pre-cooked products
	Industrial pre-cooked products
Appetizers	Snacks (fried snacks)
Cereal-based baby foods and supplements	
Bakery products (Bakery and pastry)	Cookies and cakes
	Homemade bakery products
	Shortbread cookies